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| Day: | |
| Breakfast: | Exercise: |
| Lunch: | |
| Tea/Dinner: | Last night I went to bed at: Today I got up at: |
| Snacks: | I cleaned my teeth <input checked="" type="checkbox"/> before going to school? <input type="checkbox"/> before going to bed? <input type="checkbox"/> |



cubs

**Fitness
Challenge
Food and
Exercise Diary**

Name:

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Resource produced using **Programmes Online**

www.scouts.org.uk/pol

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